



SPECIAL EVENT: MUSIC & MORE

To recognize and celebrate Grandparents Day, *MediGold* is sponsoring a fun afternoon with live entertainment and dessert at 1 p.m. on Wednesday, **September 8**. You will enjoy music by *Bob Ford: Folklore & Fun*, a musician whose heartwarming and humorous songs and stories entertain and engage the audience. Seating begins at 12:30 p.m.; please bring your ticket.



LUNCH & LEARN: *Brukner Nature Center*



An interesting and fun lunch and learn will be held on Monday, **September 20**, at 11:30 a.m. The *Brukner Nature Center* is planning on bringing bird species and exotic bird wildlife for you to see and learn about. This is subject to change depending on what animals they have at the time, but there will be some special visitors here that day! Lunch will be held first and then the program. This event, as well as lunch, is provided by *Danbury Senior Living*. Seating will begin at 11:15 a.m. and is limited to 50. Members may obtain two free tickets (self and another member) beginning September 1. Non-members may check on tickets starting September 13. Deadline is September 15.

OCTOBER SOCIAL

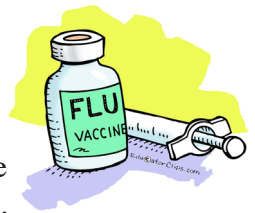


This enjoyable event will begin at 5:30 p.m. on Friday, **October 15**, with dinner catered by *Christie's*. The menu includes *Christie's* chicken, beef stroganoff, parsley new potatoes, California blend vegetables, pumpkin and Dutch apple pie. The buffet will be open from 5:30 - 6:15 p.m. Tickets cost \$13 and will be sold September 7-28. Limit of two tickets per member (second one must be for another member). Guest ticket sales begin September 23. Entertainment will feature *Brian Brenner*, a favorite performer!

VAX ON THE SPOT

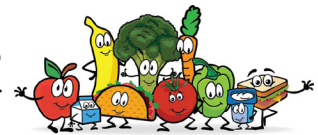
Covid -19 Vaccine Here

A "Vax on the Spot" event, sponsored by *Buckeye Health/Molina Healthcare* of Ohio and the *Area Agency on Aging*, will be held here from 10 a.m.-1 p.m. on Monday, **September 13**. *Zik's Pharmacy* will be giving the vaccine shots. This event is for those receiving their first vaccine shot and is open to the community, ages 18 and up. Be sure to bring your health insurance card, Medicaid card, and ID. Please wear a mask while you are inside the building. *Activity change*: no exercise.



LUNCH PROGRAM

Senior Resource Connection is offering a pick-up system for those who are at least sixty years old and not receiving meals from them at another site. There is no required fee but a donation is suggested. Each person will receive a bag with five frozen meals (assorted entrees) and five servings of bread, milk, and fruit. This will be offered on a trial basis beginning September 8. If you are registered, be here every Wednesday at 10:30 a.m. to pick up your food. If you are late and there is no available freezer space, meals will be kept in the refrigerator and you would need to consume them in 3-5 days since they cannot be refrozen. To cancel: notify the center by Wednesday, the week before. You can register any time but do this by September 1 if you want to start on September 8. Note that this is a new method and your patience is appreciated while the volunteers get established with new procedures. While delivery times are usually consistent, it cannot be guaranteed. Thanks to volunteers *Margaret Collier, Donnie Moore, and Sonny Swafford*.



MEMBERSHIP REQUIREMENTS

New members are welcome anytime; must be at least fifty and younger spouses are welcome. Those turning 90 by March 1 are honorary and free but need to renew every January. Those interested may visit three times first (certain activities restricted to members only). Dues are \$20; renewal is due every January. Those who paid in 2020 are not required to pay this year; keep your 2020 member card.

LINE DANCE CLASSES

A new eight-week session for members only will start **September 30**. Cost is \$25 and due when registering. Refunds are not issued once the first class is held. **Beginners** dance at 9:30 and **Intermediates** at 10:45 on Thursdays. One year of experience is preferred for intermediates. Dances are taught to a variety of music, partners are not needed, and it is a fun way to get some exercise! At the beginning of each new session, the dance steps are repeated but different songs and dance routines are used to provide variety.

TERRIFIC TRIPS

Senior center members may register the first ten days. After that, non-member seniors, or those ages 21-49 who accompany a senior, may register. Payment is due when registering; checks preferred. **Emergency cards**: complete a new card this year. **Masks**: please bring a mask. **Overnight trips**: details cannot be printed to comply with mailing requirements. Registration usually begins six months in advance. If you need a roommate, attempts will be made to find one but cannot be guaranteed. **New trips**: may be offered on short notice and not be printed in the newsletter. Check the bulletin board, website, or Facebook page. **Note**: some companies may require you to sign Covid-19 waivers when you register and at departure and to wear a mask if required.

September 15: Snooty Fox

Shop at upscale consignment shops with refreshments at each stop. A deli box lunch is included. Cost is \$45. Last day to register is September 2. Please park in the back half of the lot and report to Carolyn at the bus. Departure is 9 a.m. Remember to bring a mask.

October 25-27: Soaring Eagle (call for details)

May 9-14, 2022: Charleston (call for registration dates)

BOARD REPORT

The board appointed Sharon Decker as a trustee-at-large and Linda Leek as the Nominating Committee chairperson.

SEPTEMBER REFLECTION

How beautifully leaves grow old. How full of light and color are their last days. ~ John Burrows

TIDBITS

***Bingo Treat:** Oak Street Health and Queen City Home Health will provide pizza on September 21.

***Drive Thru Lunch:** by Danbury Senior Living & Daycity Hospice. Drive through Danbury on Sept. 28. Flyers available at the center.

***Fire Dept. Open House:** Sunday, Sept. 26, 7008 Brandt Pike.

***Community Meals:** by Project One Hope. Drive-thru Only:

Sept. 3, 9, 18: First Christian Church, 5-6:30 p.m.

Sept. 15: St. Peter Catholic Church, 5:30-6:30.

Sept. 28: Sulphur Grove United Methodist Church, 5-6:30.

MEDICARE ASSISTANCE

Free assistance is available, year round, to answer Medicare questions and help with enrollment. Service provided by certified counselors through OHSIIP; call local counselor Connie Blum at 937-503-1979 or the center. Have ready: name of current plan, all prescription drugs (name, strength, number taken each day), and preferred drug store.

GET ON BOARD

If you wish to run for the 2022 Board of Trustees or have questions, please call Nominating Chair, Linda Leek, at 937-270-9663. **Eligible members may run for any board position; note that a president will be needed.** There are 12 board meetings per year and two member meetings. In addition to executive duties, the board helps where needed such as setting up for socials and other events. Good availability and being involved is important.

President: Presides at meetings, appoints chairmen, signs contracts, official spokesperson. Needs to be able to conduct events such as evening socials and daytime lunch & learns or other large events.

VP: Assists president and assumes duties of president when needed.

Secretary: Records minutes of meetings, maintains file of all documents, handles correspondence.

Treasurer: Pays bills, makes bank deposits, maintains account of all transactions, submits reports, prepares financial records for annual audit.

Trustee Assists with and backs projects in the interest of the members, works with

At Large: program coordinator to help develop activities and programs.



BRIDGE RESERVATIONS

Call Kathy at 937-233-8827 to make reservation for Monday/Thursday

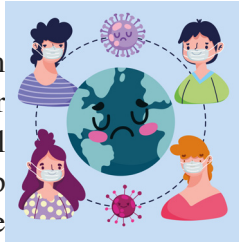
HEARING CHECK UP

The next check-up day will be Thursday, **September 9**. Call to make an appointment and specify either a basic hearing screening *or* hearing aids check. Minor repairs may be made on site. Open to seniors in the community. Thanks to Butch Redd from the *Fairborn Hearing Clinic* for this service.

PRESENTATION

Viral Pandemic: Past, Present, & Future; How to Protect Yourself & Family

Join Dr. Ron Fletcher at 1 p.m. on Wednesday, **October 6**, to gain a better understanding of the nature of viral pandemics. More background can help you to prepare, react, and protect with the current pandemic or possible future ones.



Dr. Fletcher is retired from practice and served as a medical oncologist for over 40 years. He is a former Director of the Ohio Department of Health, board member of the World Health Organization American advocacy organization, medical school faculty at Vanderbilt University, Meharry Medical College, Ohio State, and Wright State, visiting faculty University of Pecs (Hungary) and Christian International University Kinshasa, Democratic Republic of Congo, Africa, involved in pharmaceutical research and developments and medical affairs, and produced multiple publications and lectures regarding cancer and other medical disorders.

KUDOS CORNER

*Thanks to August newsletter mailers: Barb Schultz, Margaret Collier, Edythe Bleything, Mary Lemaster, Jim Bauman.

*Many thanks to *Pelphrey's Pharmacy* for providing snacks for all eight balance classes.

*Special thanks to Jerry Nottingham for loaning his freezer for the lunch program.

*Thanks to Pat Lokai, Loretta Cooper, and Ruth Krupp for preparing welcome packets.

WELCOME

A warm and friendly welcome is extended to our new members: Carol Murphy Charles Prewitt Marilyn Reffitt

Membership: 642 as of August 19th

New members: please see the receptionist if you did not receive a welcome packet.

Request: would appreciate feedback regarding the welcome packets. Let us know what you found useful or if you have suggestions on what to include. Call Pat Lokai at 937-236-6666; thank you.

BOOKS & BANTER

Share your insights with the book group from 10-11:30 a.m. Both men and women are welcome. Books on reserve at the Huber Heights Library (advise librarian it is for our book club); some available as e-book on Hoopla and Libby apps.

Sept. 13: All the Gallant Men, An American Sailor's Firsthand Account of Pearl Harbor by Donald Stratton with Ken Gire. This bestseller provides an eyewitness account by a sailor on the USS Arizona. The descriptions of the surprise attack portray the unforgettable courage and actions displayed by the survivors and those killed. Donald details his experiences during the attack, injuries, recovery, and eventual re-enlistment. He passed away in 2020, leaving only two survivors of the USS Arizona. ***This is a compelling book that will appeal to women and men alike.***

Oct. 11: The Book of Lost Friends by Lisa Wingate.

MEDICARE COUNSELING APPOINTMENTS

The Ohio Senior Health Insurance Information Program (OSHIP), a division of the Ohio Department of Insurance, will host a **Medicare Check-Up Day** on Monday, **October 26**, at the center from 9 a.m.- 3 p.m., by appointment only. You will receive help comparing, reviewing and enrolling in the best plan that meets your unique needs.

Call the center starting September 29 to make an appointment; open to the community.

Ohio Senior Health Insurance Information Program representatives are trained by the state, and do not sell or promote any insurance companies, policies, or agents.

SEPTEMBER CALENDAR

Full page detailed calendar available at the center or visit [www.hhoh.org/our community/senior center](http://www.hhoh.org/our-community/senior-center)

Monday:

Exercise 9:15
Pinochle 11:30
Bridge 12:15
Knit, Crochet 1 p.m.
Table tennis 6:30-9
Book Group, 2nd Mon., 10

9/6: Closed

9/13: Vaccine shots 10-1

9/20: Lunch Learn 11:30

Tuesday:

Bingo 1 p.m.
9/14: Blood Press/Sugar 11:45

Wednesday:

Exercise 9:15
Mah Jongg 1 p.m.
Game Night 6:30-9

Thursday:

Wood carve 9:30-11
Line dance 9:30-11:45
Euchre, Hand & Foot 12
Bridge 12
Table Tennis 6:30-9
9/9: Hearing checks 2nd Thurs.

Friday:

Chair Chi 9:45-10:30
Tai Chi class 1:30
9/10: Trivia, 2nd Fri., 10:45 a.m.
9/3,10,17,24: Balance class 12-2

Sunday:

9/12: Grandparents Day
9/26: Fire Dept.Open House



HUBER HEIGHTS SENIOR CENTER

6428 Chambersburg Road
Huber Heights, Ohio 45424-3946

Phone: (937) 233-9999

Information: (937) 237-7605

Web: www.hhoh.org

Program Coordinator: Pat Larson
(937) 237-7912

Fax: (937) 237-2981

E-mail: seniors@hhoh.org

Center Hours

Mon. - Thur. 9 a.m.-3:30 p.m. (closing varies)

Friday 9 a.m.-2:30 p.m. (closing varies)

BOARD OF TRUSTEES

President: Jim Boggs - 937-572-0727

Vice President: Judy Blankenship

Secretary: Ninetta Hawkins

Treasurer: Liz Gitzinger

Trustee: Jerry Nottingham

Trustee: Sharon Decker

Trustee: Carolyn Freeman

Trustee: Mary Lemaster

Trustee: Donnie Moore

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937-236-8468

Mission Statement

To work with, assist, and promote fellowship, happiness, entertainment and good will among senior citizens: to encourage a better way of life, by association and helping each other, to make the rest of our lives on earth more enjoyable, to share our God given gifts of eyesight, hearing, speaking, knowledge and maneuverability to seniors who are less fortunate in health.

Disclaimer: The Huber Heights Senior Center and the City of Huber Heights do not endorse any products, services, or claims presented in this newsletter or at the Senior Center. Opinions expressed in this newsletter are not necessarily that of the Huber Heights Senior Center or the City of Huber Heights. Members/readers should seek independent expert advice before making any financial or health decisions. Members/readers involved in physical activities such as exercise are reminded to participate at their own pace and risk and contact a licensed physician prior to engaging in strenuous or potentially strenuous activity.

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VOLUNTEER RECEPTIONISTS

| | |
|-----------------|-------------------|
| Barbara Farina | Linda Leek |
| Carolyn Freeman | Mary Lemaster |
| Janet Hart | Doris Radcliffe |
| Debbie Keiser | Phyllis Spang |
| Tracie Kiser | Janee Walski |
| Maureen Kunz | Phyllis Whitenack |
| | Jan Wishon |

COMMITTEES

| | | | |
|---------------|-----------------|---------------------|------------------|
| Historian: | Alma French | Parade: | |
| Ways & Means: | | Photographer: | Treva Couturier |
| Travel: | Carolyn Freeman | Member/Welcome: | Pat Lokai |
| Sunshine: | Bobbi Markley | Kitchen: | Margaret Collier |
| Bingo: | Mary Lemaster | Kitchen Supplies: | Mary Lemaster |
| Nominating: | Linda Leek | Newsletter Mailing: | Barb Shultz |

RAYS OF SUNSHINE

Get Well

Betty Watkins
Sue Wilson

Thinking of You

Jan Wishon
Dick Wetz

Sympathy

Family of Douglas Kinton
Maureen Kunz in memory of her brother

Special Mention

Happy 90th Birthday:

Thelma Gex-Candler

Janet Hockey

Sunshine Coordinator: Bobbi Markley 937- 233-8866

TRIVIA TIME (time change)

Due to space issues, trivia will be held at **10:45 a.m.** on Friday, **September 10**. Chris from *The Laurels* will conduct the game and provide prizes. More members have been participating in this enjoyable activity; give it a try!

HAND & FOOT CARD GAME

This fun card game, similar to canasta, is now being offered at 12 p.m. on Thursdays. Drop in to play or learn and bring a friend! *If not enough people, a different game will be offered to accommodate those who are present.*

BLOOD PRESSURE & SUGAR

Feel welcome to walk in for the following screening (no fasting required). Open to seniors in the community. Unavoidable short-notice cancellations may occur at times. Tuesday: **Sept. 14**, 11:45-12:45, with blood pressure and sugar checks by *The Laurels of Huber Heights*.